

City of Buckeye
Community Services Department

C.C.

**Center Connection
Keeping Older Adults Connected and Active**

**Buckeye
Community Center**
201 E. Centre Ave.
Buckeye, AZ 85326
(623) 349-6600
Fax: (623) 349-6611

Hours of Operation:
Monday - Friday
8:00 am - 5:00 pm
www.buckeyeaz.gov

**Buckeye Public
Libraries**
623-349-6300

**Dr. Saide
Recreation Center**
(623) 349-6350

**Area Agency on Aging
Senior Help Line**
(602) 264-4357



**AREA
AGENCY
ON
AGING**

REGION ONE
INCORPORATED



2016

Upcoming Events

Arizona Cardinals Training Camp.....August 4th
Pool Party!.....August 9th
Vee Quiva Casino Trip.....August 11th
Smarter Than a 5th Grader..... August 12th
Eat, Paint, Repeat!.....August 17th
Lunch Bunch, Angry Crab.....August 18th
Disney Theme Party.....August 19th
Great American Clothing Exchange.....August 23rd
Senior Olympics.....August 26th
Movie Outing.....August 30th

Senior Programming

Paint Party Class!

Eat, Drink, Paint + Repeat.

Join us for a fun painting class of
Palm Trees at Sunset.

All supplies provided.

Fee is \$5.00

Wednesday, August 17th

2-5pm

Registration begins

Wednesday, August 3rd at 9:45am

*Registration closes August 12th

GREAT AMERICAN CLOTHING EXCHANGE

Tuesday, August 23rd 10-11am

CLEAN OUT YOUR
CLOSET AND BRING YOUR GENTLY USED
CLOTHING TO EXCHANGE FOR
SOMEONE ELSE'S GENTLY USED
CLOTHING.

You may begin bringing in your clothing on
Monday, August 8th



Exciting programs and activities that are coming up!

SEPTEMBER

Al Cantara Vineyards.....Thursday, September 8th, 8am
Mystery Trip.....Tuesday, September 13th, 10am
Pajama Party.....Friday, September 16th, 10-noon
Paint Class (Birch Trees).....Wednesday, September 21st, 2-5pm
Lunch Bunch: India Garden Cuisine.....Thursday, September 22nd, 10am
As You Wish Ceramics Class.....Tuesday, September 27th, 9:15am

OCTOBER

Lunch Bunch Haus Murphy.....Thursday, October 6th, 10am
History of White Tanks w/ Karen Krause.....Tuesday, October 18th, 10am
Paint Class (Pumpkins).....Wednesday, October 19th, 2-5pm
Hike Skyline Park.....Thursday, October 20th,
Halloween Party.....Friday, October 28th, 10am

*Registration date is always **two weeks prior** to a trip on Wednesday at 9:45am

CITY OF BUCKEYE UPCOMING EVENTS!

Quarter Auction.....Friday, August 26th
9/11 Ceremony.....Sunday, September 11th
Halloween Carnival.....Saturday, October 29th
Community Yard Sale.....Saturday, November 5th
Buckeye Farmers Market.....October 29th & November 19th
*For additional information such as hours and locations of the events
please visit buckeyeaz.gov/events or call 623-349-6320*



Facebook.com-Recreation Facebook.com-Buckeye Public Library

SENIOR POOL PARTY!

Tuesday, August 9th, 6-9 p.m.

Buckeye Senior Participants are free, guests of participants are \$1.00. Ticket price includes hot dog, chips and soda! Space is limited to the first 120 seniors and guests.



SPECIAL SENIOR PROGRAMS

Buckeye Bookmobile Schedule

AUGUST SCHEDULE

WEDNESDAYS @ 11am

August 10th

August 24th

Health Presentations

First Friday's with Charlotte

Friday, August 5th

10:45-11:15am

Shawn with Hospice Promise

Types of Dementia

Friday, August 12th

9am

Maryanne Barnes R.N.

Blood Pressure Checks

Thursday, August 4th & 18th

9am-11am

Grandparents Raising Grandkids

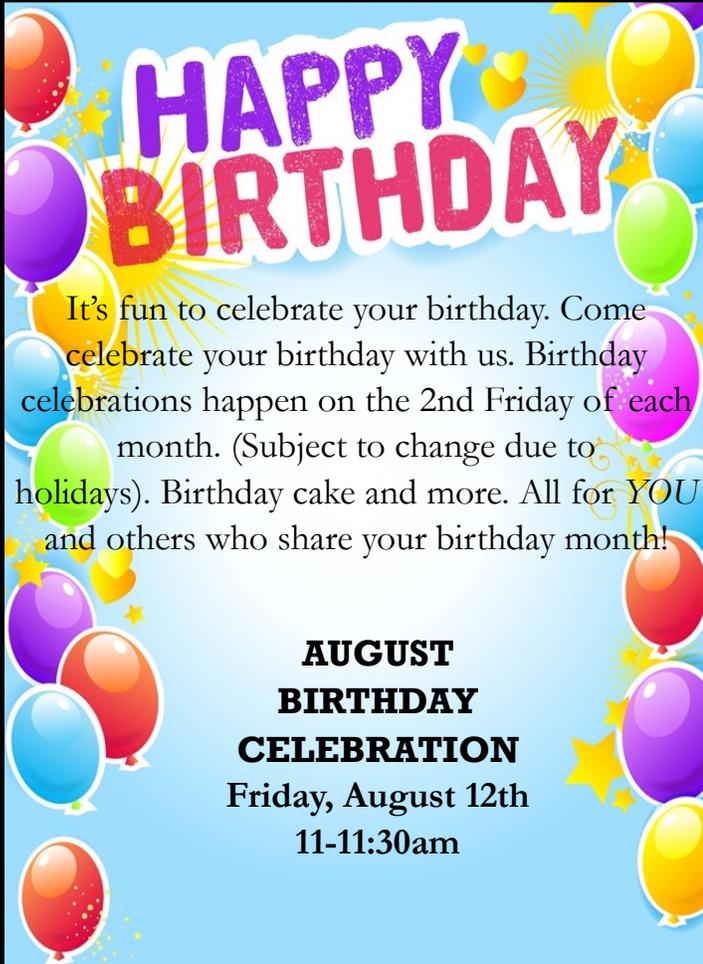
A support group providing emotional support, and assistance in navigating various social services.

Next meeting: August 23rd

1-2 pm

MONTHLY BIRTHDAY CELEBRATION

AUGUST BIRTHDAYS



It's fun to celebrate your birthday. Come celebrate your birthday with us. Birthday celebrations happen on the 2nd Friday of each month. (Subject to change due to holidays). Birthday cake and more. All for **YOU** and others who share your birthday month!

**AUGUST
BIRTHDAY
CELEBRATION**
Friday, August 12th
11-11:30am

- | | |
|---------------------|-----------------------|
| Velva Powell | John Hann |
| Mirtha Morales | Glenda Hicks |
| Faye Blais | Olga Gomez |
| Leslie Saunders | Candy Motley |
| Domingo Morales | Marlene Crockett |
| Louella Smithey | Denise Foreman |
| Robert Jones | Vanetta Latimer (hdm) |
| Yolanda Carrier | Lydia Wilson |
| Donald Frye | Sherman Doucette |
| Kara Drake-McKee | Toni Batchan |
| Mary Miller | Nancy Bruce |
| Ann Blythe (hdm) | Joyce Buhler |
| Harold Lewis | Christina Moore |
| Yolanda Salas | Arliss Anders |
| Charlene Adams | Janice Beech |
| Gloria Aragon | Linda Erian |
| Ruby Campbell (hdm) | Jean Novak |
| Delfina Cisneros | John Kane |



CENTER CONNECTION OUTINGS



ARIZONA CARDINALS TRAINING CAMP

Thursday, August 4th
12-5:30pm ish

REGISTRATION BEGINS
Wednesday, July 20th at 9:45am
Trip fee \$2.00



AREA
AGENCY
ON
AGING

REGION ONE
INCORPORATED



VEE QUIVA CASINO TRIP

Thursday, August 11th
9:30-4:30pm

REGISTRATION BEGINS
Wednesday, August 3rd at 9:45am
Trip fee \$2.00



Lunch Bunch: Angry Crab

Thursday, August 18th
10:30am-3pm

Trip fee \$2.00

REGISTRATION BEGINS
Wednesday, August 3rd at 9:45am
Purchase of lunch on your own



MOVIE OUTING

Thursday, August 30th
9:30am-3pm

Trip fee \$2.00

REGISTRATION BEGINS
Wednesday, Aug 10th 9:45am
Purchase of lunch and movie on
your own.

MEAL PROGRAMS

DAILY LUNCH PROGRAM

In partnership with Area Agency on Aging, the of Buckeye Senior Program offers a daily lunch program for senior participants 60 years and older. Take a look at our monthly lunch menu inside this newsletter!

RECOMMENDED CONTRIBUTION

\$3.00 for participants and guests 60 & older and those participants 18 and over with disabilities.

All other guests & visitors under the age of 60, there is a \$5.00 meal fee.

Lunch begins at 11:30 am with salad bar.

HOME DELIVERED MEAL PROGRAM

Home delivered meals are provided to persons that are unable to leave home because of a disabling physical, emotional or environmental condition and are unable to prepare adequate, nutritious meals for themselves.

For more information call
SENIOR HELP-LINE @ (602) 264-4357

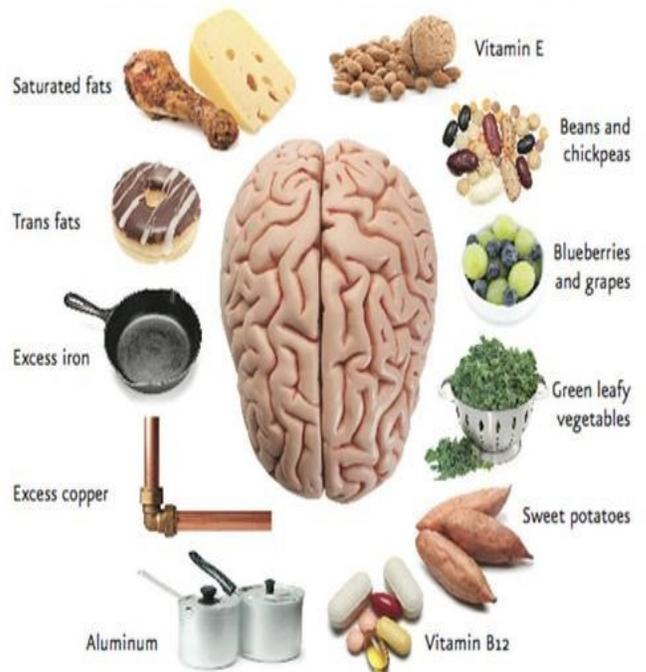
PRIVATE PAY HDM are available at this site. Private Pay meals are \$5.00 per meal.

Coffee & Conversation

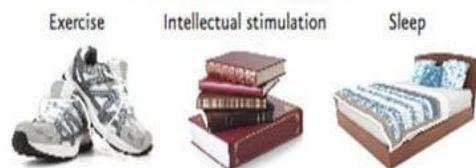
Enjoy coffee and friendly conversation
 with
Councilmember Brian McAchran
Wednesday, August 17th
From 9-10am



Brain Threats Brain-Protectors



For Extra Power



City of Buckeye
 Community Services Department

Ongoing Senior Adult Programs & Activities

SILVER SNEAKERS PROGRAM

What is Silver Sneakers? Silver Sneakers is the nation's leading fitness program offering customized classes designed to improve range of movement and muscular strength exclusively for older adults.

Who can attend exercise classes? All adults 55 & older may attend the exercise classes, however, will not receive a Silver Sneaker card and/or additional benefits if your health plan coverage doesn't include the Silver Sneakers Program. For more information please contact Sharon Meinders at: (623) 349-6607

Monday, Wednesday & Friday 8:45-9:45am
 Tuesday (Yoga) 9:00-10:00am
 Thursday (Circuit) 9:00-10:00am

CURRENT EXERCISE & OUTDOOR PROGRAMS

Don't act your age! Stay active!

- ◆ SILVER SNEAKERS
- ◆ SILVERSNEAKERS YOGA
- ◆ SILVERSNEAKERS CARDIO CIRCUIT
- ◆ INDOOR EXERCISE EQUIPMENT



TEXAS HOLD'EM POINTS BASED POKER LEAGUE

Tuesdays 1-4pm

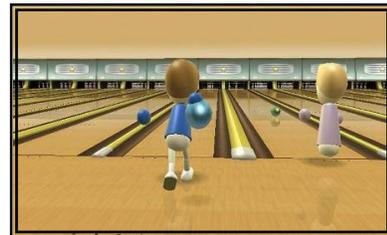
League Dates

August 9- September 27
 Tournament on October 4



FREE GAMES
 BRAGGING RIGHTS
 PRIZES

Wii BOWLING LEAGUE



August Open Wii

Fall League starts
 Sept. 12th - Oct. 31st
 Two (2) member Team
 Mondays from 1-3 p.m.

ARTS & CRAFTS

Arts & Crafts are scheduled each Monday from 10-11:30 am. Participants can take part in Arts & Crafts projects each month. Arts or Crafts guest instructors are welcome. If you like doing Arts & Crafts, or if you like teaching Arts & Crafts, please join our program. We would enjoy having you involved.



INSTRUCTORS WELCOME!

BUCKEYE BLANKETEERS

Crochet, Knit, Sew, or Quilt!

Join the Buckeye Blanketeers the last Thursday of the month. All blankets are donated to Project Linus. Project Linus distributes your homemade blankets to infants, toddlers, children and teens in need of comfort during crisis or illness. We will meet in the exercise room from 12:30 pm until closing time!

Blanketeers will meet:
 Thursday, Sept. 29th 1-4th



DROP-IN COMPUTER LAB

Monday - Friday (8- 5pm)

Drop in to type and print a letter, use the Internet, play games, or practice what you are learning in class. There are three computers, with use on a first come basis limited to a two hour maximum.

- **YOU MAY NOT** install software on these computers
- **YOU MAY NOT** download files on these computers
- **TO SAVE** your work, bring a flash drive or **CD** from home. **YOU MAY NOT** save files on these computers.



REMINDERS

PARTIES & SPECIAL EVENTS- Parties and special events are for senior participants. Guests 18 years & older are welcome to attend and are subject to the \$5.00 guest meal FEE! Please refrain from bringing guests 18 years and younger.

TRIP ETTIQUETTE- Please remember to clean up after yourself when we take a casino bus or one of our City vehicles on a trip.

CONTRIBUTIONS- A \$3.00 contribution for meals is suggested. Any amount you would like to donate for transportation is greatly appreciated.

REGISTRATIONS- Payment is due at the time of registration! No exceptions! Space is limited on some trips, and to make it fair for everyone, no spots will be held without payment!

EXERCISE EQUIPMENT

If you are looking to get in shape the Buckeye Community Center has exercise equipment available for seniors and active adults. Two commercial grade treadmills, stationary bike & multi-use gym are currently available for use. Exercise area is open Monday-Friday: 8-5pm. Please use the equipment wisely. Staff is available to assist if you have questions or need help.



CITY OF BUCKEYE SENIOR SITE COUNCIL

The Buckeye Senior Program Site Council meets the second Wednesday of each month to advise the Buckeye Senior Program Staff on matters relating to the delivery of services. The site council is not a separate entity from the Senior Program and serves as an advisory committee to the Senior Program Staff.

Site Council Key Function

- Advising
- Coordinating
- Planning
- Evaluating
- Implementing
- Advocating



Next Site Council Meeting Date:
Wednesday, September 14th
9:15-9:45am

ALL WELCOME

The City of Buckeye Community Services staff would like to welcome you to the Buckeye Community Center. The Community Center is here for your enjoyment and to provide services to the Buckeye Community and its visitors.

Please take the time to read our Courtesy Guidelines posted within the Community Center. They are for the enjoyment and safety of all our guests, customers, and staff. If you have any questions, please feel free to ask one of our Community Services staff members.

Thank you!

AUGUST 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	2	<p>Silver Sneakers Yoga 9:00-10:00am Vegas Dice 10-11:30 Texas Hold'em 1-4pm Wally World Shopping Trip 10:30-3pm</p>	3	<p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	4	<p>Silver Sneakers Circuit 9:00-10:00am ARIZONA CARDINALS TRAINING 12-5:30pm</p>	5	<p>Silver Sneakers 8:45-9:45am First Friday's w/ Charlotte 10:45-11:15am Bingo 12:45pm Pinochle 1:15-4pm</p>
8	<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	9	<p>Silver Sneakers Yoga 9:00-10:00am Texas Hold-em 1-4pm POOL PARTY! 6-9PM</p>	10	<p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	11	<p>Silver Sneakers Circuit 9:00-10:00am VEE QUIVA CASNIO TRIP 9:30-4:30pm</p>	12	<p>Silver Sneakers 8:45-9:45am Shawn w/ Hospice Promise 9-10am Smarter Than a 5th Grader 10-11am B-Day Bash 11-11:30am Bingo 12:45pm Pinnacle 1:15-4pm</p>
15	<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	16	<p>Silver Sneakers Yoga 9:00-10:00am Texas Hold 'em 1-4pm</p>	17	<p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm Eat, Paint, Repeat! 2-5pm</p>	18	<p>Silver Sneakers Circuit 9:00-10:00am LUNCH BUNCH ANGRY CRAB 10:30AM-3PM</p>	19	<p>Hakuna Matata Disney Themed Party 10-Noon Bingo 1:15pm Pinochle 2:15-4pm</p>
22	<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	23	<p>Great American Clothing Exchange 10-11am Texas Hold 'em 1-4pm</p>	24	<p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	25	<p>Coffee Bar 7:30-9am Silver Sneakers Circuit 9:00-10:00am Joanne's & Hobby Lob- by Shopping Trip 10:30-3pm</p>	26	<p>Silver Sneakers 8:45-9:45am Senior Olympic Day 9:30-11am Bingo 12:45pm Pinochle 1:15-4pm</p>
29	<p>Silver Sneakers 8:45-9:45am Arts & Crafts 10-11:30am Open Wii 1-3pm</p>	30	<p>MOVIE OUTING 9:30-3pm Texas Hold-em 1-4</p>	31	<p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>				

AUGUST 2016

Funded in part by:
Area Agency on Aging
SUGGESTED CONTRIBUTION:
\$3.00
Lunch served Monday-Friday
11:30-12:30.Excluding Party days

Monday	Tuesday	Wednesday	Thursday	Friday
1 Liver & Onions Mashed Potatoes Broccoli Pineapple WW Roll	2 Beef Lasagna Green Beans Garlic Bread Orange	3 Chef Salad Ham, Turkey, Cottage Cheese Pickled Beets Peaches Blueberry Muffin	4 Polish Sausage & Sauerkraut w/ Red Bell Peppers Corn Watermelon	5 Baked Chicken Italian Veggies Pineapple Oatmeal Cookie
8 Turkey Burger Veggies Romaine Salad (Olives, Cucumbers, Tomatoes) Strawberries	9 Swedish Meatballs Pasta Broccoli WW Roll Peaches	10 Lemon Pepper Chicken Stewed Tomatoes Brussel Sprouts Banana	11 Sloppy Joes Corn Tater Tots Orange	12 Baked ham Glazed Carrots Mashed Potatoes WW Roll Cherries
15 Beef Fajitas Refried Beans Grapes Spanish Rice	16 Baked Pork Chop California Blend Veggies Mashed Potatoes Pineapple	17 BBQ Chicken Corn Biscuit Apricots	18 Baked Tilapia Broccoli Fruit Cocktail Bread Stick	19 Hakuna Matata Party! Hawaiian Pulled Pork Asian Veggies Graham Cracker Mandarin Oranges
22 Chicken Enchilada Casserole Black Beans Cantaloupe	23 Vegetable Pizza Green Salad Pear Oatmeal Cookie	24 Spaghetti w/ Meat Sauce Green Peas Gelatin w/ fruit cocktail	25 Baked Chicken Wings Broccoli Fruit Oatmeal Cookie	26 Taco Salad Fiesta Corn Spanish Rice Fruit
29 Chicken Parmesan w/ Spaghetti Italian Veggies Spinach Garlic Bread Mandarin Oranges	30 Fruit Plate w/ Cottage Cheese & Egg Tomato Wedge Celery Sticks Bran Muffin	31 French Dip Sandwich Country Mix Carrots, Corn & Green Beans Mandarin Oranges		

QUINOA ENCHILADA RECIPE

Ingredients:

- 1 cup Quinoa
- 1 10oz. can Old El Paso mild enchilada sauce
- 1 4.5 oz. can Old El Paso green chiles, drained
- ½ c. corn kernels
- ½ c. black beans, drained and rinsed
- 2 Tbsp. chopped cilantro
- ½ tsp. cumin
- ½ tsp. chili powder
- ¾ c. shredded cheddar cheese
- ¾ c. shredded mozzarella cheese
- 1 avocado, diced
- 1 Roma Tomato, diced



Instructions: In a large saucepan of 2 cups of water, cook quinoa according to package instructions, set aside. Preheat oven to 375 degrees. Lightly oil an 8x8 dish. In a large bowl, combine **quinoa**, **enchilada** sauce, green chilies, corn, black beans, cilantro, cumin and chili powder; season with salt and pepper, to taste. Stir in 1/2 cup cheddar cheese and 1/2 cup mozzarella cheese. Spread **quinoa** mixture into the prepared **baking** dish. Top with remaining cheeses.

adults EAT CLEAN. TRAIN MEAN. 30 Day Health Challenge!

1. WALK FOR 45 MINUTES EVERY DAY
→ *it's ok to split it up!*
2. 15 MINUTES OF BODYWEIGHT EXERCISES
→ *squats, lunges, push-ups, glute bridges, etc.*
3. EAT AT LEAST 4 PIECES OF FRUIT
4. EAT AT LEAST 2 CUPS OF RAW VEGETABLES
5. LIMIT SIT TIME TO 60 MINUTES
→ *after 60 minutes, take a walk/stretch break!*
6. EAT WHEN YOU'RE HUNGRY, NOT BORED
7. NO FAST FOOD OR JUNK FOOD *super!*
8. AT LEAST 3 HOURS BETWEEN MEALS/SNACKS
9. EAT AT THE TABLE
→ *not in front of the tv or computer!*
10. HYDRATE WITH PURE WATER

~rebeldietitian.us~

Milk Scrub

FOR SMOOTH SKIN

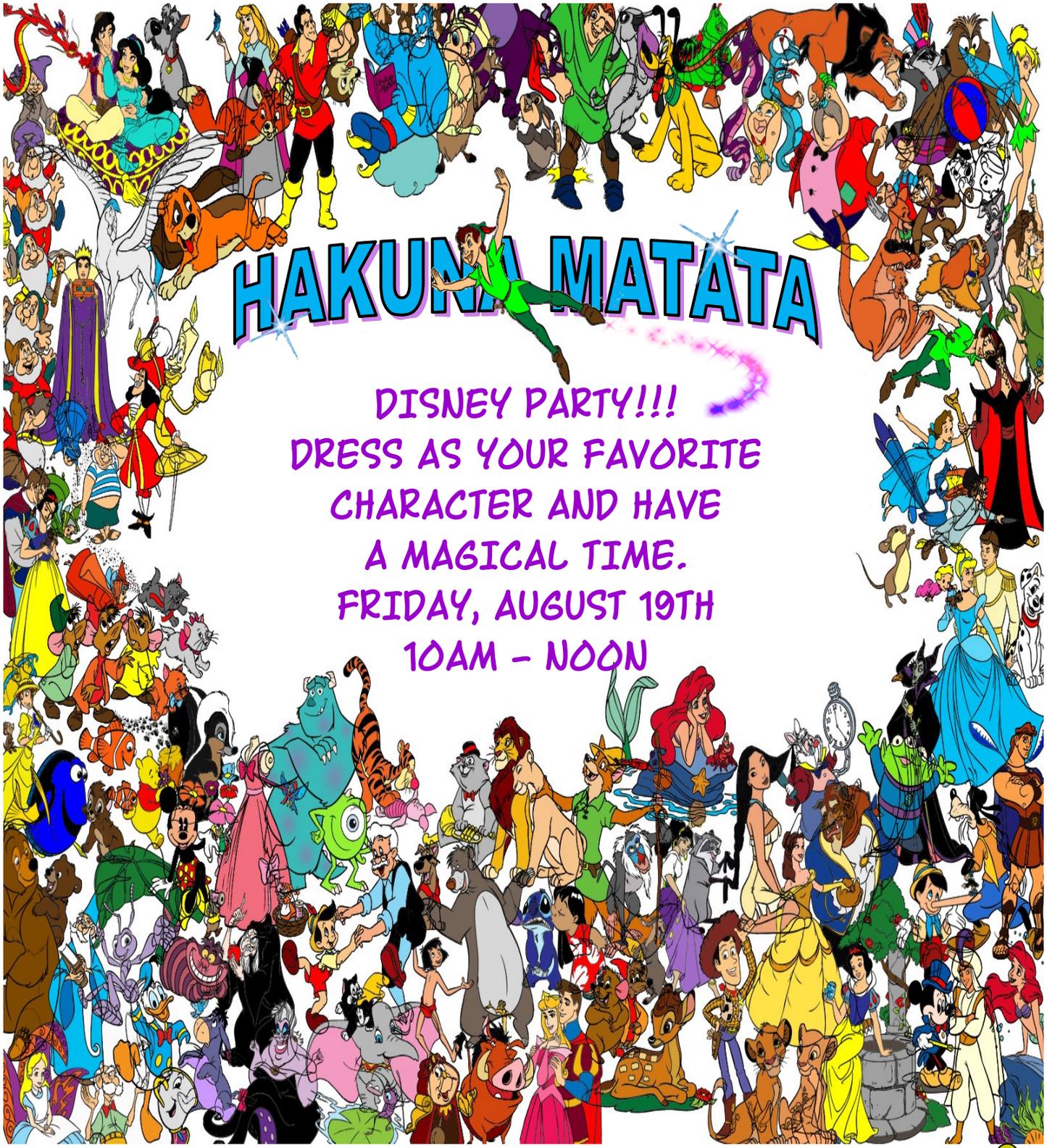


1 CUP DANZEISEN DAIRY MILK
3 TBSP OATMEAL

Apply it as a scrub to face and body. Allow to dry and then rinse off with warm water.



Original recipe sourced from:
<http://www.stylecraze.com/articles/benefits-of-milk-for-skin-hair-and-health/2/>



HAKUNA MATATA

DISNEY PARTY!!!
DRESS AS YOUR FAVORITE
CHARACTER AND HAVE
A MAGICAL TIME.
FRIDAY, AUGUST 19TH
10AM - NOON



RAFFLE

SNACKS

DANCING

HEALTHY AGING

"No matter what your age, size, or fitness level, IT'S NEVER TOO LATE TO START EXERCISING."

— Jaza Marina, M.D.,
a Kaiser Permanente physician
who specializes in elder care

REGULAR EXERCISE

HELPS IMPROVE YOUR

- mood
- energy level
- overall well-being

CAN LOWER YOUR RISK OF

- heart disease
- some cancers
- diabetes
- dementia

WALKING

is probably the easiest exercise.

All you need is 30 MINUTES A DAY 5X A WEEK

YOU CAN
BREAK
THAT UP

MORNING



AFTERNOON



EVENING



Improve Your Balance 4 Basic Exercises



KNEE BENDS *Hold on to a sturdy chair or countertop*

1

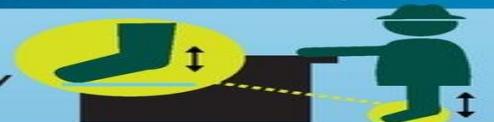
- Keep back straight
- Lower body and bend knees
- Raise body back up
- Repeat 10-15 times



HEEL RAISES *Hold on to a sturdy chair or countertop*

2

- Stand straight
- Raise up on toes slowly
- Lower heels to ground slowly
- Repeat 10-15 times



SIDE LEG RAISES *Hold on to a sturdy chair or countertop*

3

- Keep back straight
- Raise one leg out to side
- Return leg to standing
- Repeat 10-15 times
- Switch sides



SIT TO STAND *Use a sturdy chair*

4

- Sit in chair, feet on ground
- Stretch both arms out front
- Rise up to standing position
- Sit back down
- Repeat 10 times



TALK WITH YOUR PHYSICIAN BEFORE STARTING A NEW EXERCISE ROUTINE

To find classes in your area and for further information, visit kp.org.



Fun things to do in August!

Wally World Shopping Trip: The Senior Program is headed to Walmart to do some shopping and go for lunch.

Tuesday, August 2nd

10:30-3:00pm

Registration begins Wednesday, July 25th at 9:45am

Joanne's, Hobby Lobby & Lunch Shopping Trip:

Thursday, August 25th

10:30-3:00pm

Registration begins Wednesday, August 10th at 9:45am



Use the Whole Watermelon

	WHOLE WATERMELON	100% of watermelon is usable and compostable: 70% flesh + 30% rind. AN AVERAGE 15-20 lb seedless watermelon yields about 11 cups of cubes and 6 cups of juice.
<p>FROM DEEP REDS AND PINKS, to oranges, yellows and white, watermelon flesh adds a sunset of hues and sweet flavors to dishes year-round.</p> <p>FEATURE AS A KEY INGREDIENT or simply enjoy a classic wedge out of hand.</p>	FLESH	
	JUICE	<p>AT 92% WATER, watermelon is an excellent choice for staying hydrated.</p> <p>OVERRIPE WATERMELON? Don't throw away. Instead, juice or puree to retain the value and nutrition.</p>
<p>GET MORE from your watermelon. The rind is edible, and sometimes used as a vegetable.</p> <p>RINDS can be stir-fried, stewed or pickled.</p>	RIND	
	FRESH CUTS	<p>LOOK for grab-and-go spears, wedges, cubes and halves in the produce aisle year-round.</p> <p>CREATE EASY MEALS in minutes by tossing fresh cuts into salads and beverages.</p>
<p>Minis or "personal watermelons" are easy to handle and have thinner rinds.</p> <p>HOLLOW THEM OUT for a compostable bowl (and fill with your favorite fruit salad featuring watermelon)!</p>	MINIS	

PUZZLE PAGE



Back to School Word Search



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2011

- | | | | |
|--------------|---------------|---------------|-------------|
| 1. STUDENTS | 5. LEARNING | 9. GRADES | 13. READING |
| 2. SCHOOLS | 6. NEWSPAPERS | 10. PRINCIPAL | 14. WRITING |
| 3. BOOKS | 7. BUS | 11. EDUCATION | 15. MATH |
| 4. COMPUTERS | 8. TEACHERS | 12. CLASSES | 16. LIBRARY |

GOING...GOING... GONE!

**Buckeye
Community
Services
Department**
presents the

Quarter Auction

FRIDAY, AUGUST 26
DOORS OPEN AT 5PM - AUCTION BEGINS AT 6PM

**DR. SAIDE
RECREATION CENTER
1003 E. EASON AVE**

The Quarter Auction is a cross
between an auction and a raffle...
it's fun for the whole family!

Items from home-based
business vendors are auctioned
off for 1-2 quarters per item.

**SEATING IS LIMITED -
BRING QUARTERS (LIMITED
AMOUNT FOR SALE)
CASH ONLY EVENT**

*Tickets
only \$3*

**TICKET INCLUDES
1 BIDDING PADDLE,
REFRESHMENTS AND RAFFLE
TICKET. ADDITIONAL RAFFLE
TICKETS AND PADDLE ARE \$1**

**RSVP by 4pm August 24th to Philip Yabes
at 623-349-6604 or pyabes@buckeyeaz.gov**


BUCKEYE, AZ